**HIGHLIGHTS**

**Results of Distance Runs**
- Houston-Tenneco Marathon
- Orange Bowl 10K/ Marathon
- Mission Bay Marathon
- Super Bowl Sunday 10K
- Charlotte Observer 10K/ Marathon
- Brian's Run - And 26 more

**Results of Track & Field Meets**
- Lake Erie
- College of the Desert
- Lincoln
- Wisconsin
- Michigan Relays
- Philadelphia

**Entry Form For National Indoor**
- World Games Schedule & Entry Form
- Nike Grand Prix Schedule

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**55th Issue**

**March, 1983**

**HILL WINS ORANGE BOWL 10K AND MARATHON**

England's Ron Hill, 44, pulled off an impressive double triumph by winning the masters division of both the Orange Bowl 10K and Orange Bowl Marathon on two successive weekends in Miami.

In the marathon, Hill, the 1970 Boston Marathon winner, eked out a 3-second win in the 10K on January 15, and then stormed to a 6-minute victory in the Marathon on the 22nd.

In the 10K, he hooked up with New Jersey's Bob Fischer, 43, clocking 31:27.9 to Fischer's 31:30.7. Not far behind was Tallahassee's Jim Ewing in 32:00.

In the marathon, Hill, who has a lifetime best of 2:09:30, pulled away from Roger Roulleir, 44, to a 2:27:14 win. Roullier logged 2:33:22 and was followed by Bill Springer, 43, (2:37:59) and Alberto Echeverria, 40, (2:38:57).


**WINZENRIED SETS MARKS IN WISCONSIN**

MADISON, Wisconsin, January 8.

Twenty-three records were set and two more were tied tonight at the seventh annual Wisconsin Masters Indoor Track and Field Championships at the UW Memorial Sports Center.

Former UW all-American Mark Winzenried shattered the only two records in 30-34 age group competition when he ran 50.9 seconds in the 400-yard dash and followed up with a 1:54.5 in the 800. Another ex-Badger, Rich Rinehart, tied a 70 low hurdles mark in '86.

A new men's age category of 55-59 led to eight records with Bill Wambach of Madison earning three in the jumps and sprints. The only other double record-breakers were George Haas and John Dick in 60 and over. Tom

by MARY M. CHADBOURNE

Masters athletes opened the 1983 track and field season in Cleveland, Ohio on January 9 with a number of sparkling individual and team performances.

The occasion was the Lake Erie Indoor Track & Field Championships sponsored by Cleveland's Over the Hill Track Club. Spotlighting the masters level competition were 5 former Olympians — Jim Barnett, Josh Culbreath, Ira Davis, and Cleveland's Bernd Hahnel and Al Schoterman — who were greeted the evening before at a reception with former Olympian Harri son Dillard.

Bill Cosby, in his second outing as a masters level athlete, competed in the high jump for the Philadelphia Masters team. The Championships drew over 250 open and masters competitors from 9 states and Canada, and over

**Lake Erie Meet Rings In New Year**

(Continued on page 22)

**Manley Sets Marathon Mark**

Oregon's Mike Manley added another U.S. road-running record to his impressive list of achievements since turning 40 last year by racing to an American masters record 2:17:10 in the Houston-Tenneco Marathon January 16.


David Salo, 50, turned in a swift 2:31:12 to capture the 50-59 division by six minutes over Houston's Al Lawrence. Sylvia Quinn, 46, led all female 40+ runners in 3:14:18.

(Continued on page 22)

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**STEWART BETTERS WORLD MILE MARK**

ANN ARBOR, Michigan, January 22. Ann Arbor's Bill Stewart today staked a claim as potentially one of the top veteran middle-distance runners in history.

In one of the most impressive performances by a masters runner in recent years, Stewart became the fastest over-age-40 miler in the world by recording a sizzling 4:11.0 in the Michigan Relays.

The time betters by seven seconds the listed world over-40 mile record of 4:18.5, set by New Zealand's Jim McDonald in 1977. It betters Ray Hartson's 7-year old U.S. mark of 4:24.0 by an astonishing 13 seconds.

Stewart, who turned 40 on January 6, was pleased, but said, "I ran a tentative race," he said. "I feel I can do a 4:05."

The health education teacher was unofficially timed in 3:53 at the 1500 meter point. The world 1500 mark is 3:52.0, held by France's Michel Bernard since 1972. Ernie Billups hold the U.S. mark of 3:59.8.

Stewart's secret? "I've been doing some hiking in Peru," he said. "Then for the past 22 weeks, I put in about

(Continued on page 22)
BLATHERING IDIOTS
Upon reading the LDR report of the AC convention, I could hardly believe my eyes! If a group of blathering idiots had set out to purposely do all they could to insure low participation and "regional" national championships, they'd have done almost exactly that which was accomplished. Given the fact the Fifth World Veterans Championships in Puerto Rico ends up on September 30, 1983, the 15 KM road championships in El Paso on October 1 should wind up as a neighborhood party, with zero top masters competitors. Evidently the powers that be figure it is no problem running a marathon one day then zip a couple thousand miles and run a 15K the next day. Then it gets better! Road championships at 5K, 10K, 15K, 20K, 25K, the five most popularly contested distances fall within a span of 15 days! Four of them in 9 days and 2 on the same day! Geez!!!

I realize it is easy to sit back at home and criticize, but I'd like to think if I'd been able to attend the convention I'd have been able to see a problem and spoken to it. What the hell are those folks thinking about when they are supposed to be serving the athletes?

Now hear this: on page 11, "Benham is on target toward his 1982 goal of winning 8 of the 13 TAC National Masters Championships in 1982. In 1983, he plans to win all 13." Well Ed, the other runners could not have stopped you, out the LDR committee sure did!

And now to make some friends in my inimitable manner. I believe this has to rank as one of the most stupid, inept, and incompetent developments of non compos mentes and complete disregard for the competitors I've seen in the history of the AUS and AC combined. Ed Benham, or anyone else who can do so, should be able to compete in any and all national championships! It should not be made impossible to do.

I just re-read it and I still cannot believe it!

Bill Stock
La Mesa, California

NATIONAL UNIFORMS
What's happened to pride in one's country? Why all the talk against national uniforms?

There's a lack of pride among some master athletes who feel they should not compete in the World Veterans Championships in any uniform that might indicate they are from the U.S.A. Well, that's their choice, but I'm sorry to hear it and I think it's wrong.

I gave over 22 years of my life in the service of my country. All during that time, I was proud to wear and display national uniforms?

You're doing a terrific job with the fifth World Veterans Games. At the 5th World Veterans Games in Puerto Rico this year, I will wear a uniform with a large U.S.A. on the shirt, U.S. Masters on my warm-ups, and red, white and blue running socks. I'm proud to say to the world: "Hey, I am an American."

Bill Stock
La Mesa, California

NATIONAL MASTERS NEWS
55th Issue
March, 1983

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POSTMASTER: Send address changes to: National Masters News, P.O. Box 5185, Pasadena, CA 91107.
March 26-27. TAC National Masters Indoor Championships, Lehigh Univ., Bethlehem, PA. Bert Lancaster, 720 E. 21 St., Brooklyn NY 11217. (212) 789-6622 from 7:30 to 9:30 p.m.

May 15. Masters Sports Association Meet, Randall's Island, New York City, Bob Fine, 73 Prospect Place, Brooklyn NY 11217. (212) 789-6622 from 7:30 to 9:30 p.m.


May 22 or 29. West Penn Championships. Sue Klein, 412/228-1872.


June 25-26. TAC Eastern Regional Masters Championships, East Stroudsburg, PA.


September 19, Mini meet, 9 a.m., Manatee JC, 1020 15th St. N. LaSalle, Chicago, IL 60601. 312-348-1724.

October 2. 1st World Veterans Weight Pentathlon Championships, Delray Beach, Florida. Atlantic Community School, 2501 Seacrest Blvd., Delray Beach, Florida 33444.

MIDWEST


May 21. Chicago Corporate Classic Spring Relays for men, women and masters. CCC, 1421 W. Fullerton Ave., Chicago IL 60614. 312-348-1724.


June 18. 5th Cleveland Track Classic, Parma, Ohio. Open to all. Jeff Gerson, 6509 Marsal Rd. #308, Mayfield Heights OH 44124.

June 25. Open Meet, York High, Elmhurst IL. 7 a.m.

July 24-5. Indiana Masters Championships/White River Park State Games.

July 23, TAC Midwest Regional Masters Championships, York High, Elmhurst IL. 7 a.m. Race day sign up. Wendell Miller, 180 N. LaSalle, Chicago, IL 60601. 312-236-1315 (o); 312-234-2154 (h).


MID-AMERICA


ON TAP FOR MARCH TRACK & FIELD

This month's major event is the TAC National Indoor Masters T&F Championships in Bethlehem PA. on the 26th & 27th. Complete information and an entry form are on page 9. Leading up to it are indoor masters meets in Philadelphia on the 5th; Hightstown, New Jersey on the 13th; and the TAC Eastern Regional Masters Championships at West Point on the 20th.

LONG DISTANCE RUNNING

Highlighting the March agenda is the TAC National Men's Masters Marathon Championship in Seattle on the 27th as part of the Emerald City Marathon. The event includes a two-day Sports Medicine seminar and a trip to London for the masters winner.

The TAC Eastern Masters Marathon Championships will be held in Clarkburg, New Jersey on the 6th.

Major open races include the Avon 15K in Washington, D.C. on the 5th; the Bethesda, Chase 20K on the 6th; the Jacksonville River Run 15K on the 12th; and the Colonial half-marathon in Williamsburg, Virginia on the 13th.

The Arizona Trail 10K in Mobile on the 19th and the Crescent City 10K in New Orleans on the 27th are two of the South's major running events of the year.

The popular Price-Chopperthon 30K from Schenectady-to-Albany, N.Y. goes on the 20th, as does the San Jose Mercury News 10K in California.

The month closes out with the Perrier Cherry Blossom 10-miler in the nation's capital and the Los Angeles Marathon on the 20th.

Joe Shy, Box 745, Chilocco, MO 64601.

(Continued on page 4)

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SOUTHWEST

May 28. TAC Southwest Regional Masters Championships, New Orleans. Danny Thiel, 2609 Canal St., New Orleans LA 70119. 504-822-9057.


WEST


May 1. Mt. Sac Relays, Walnut, Calif. Some masters events. Hal Smith, 18205 Ornard St. #404, Tarzana CA 91356. 213-342-1174.


May 14. 4th Annual U. of Redlands Masters Championships. Sudbury, Canada. 10,000 meter and regular pentathlon held in Apopka, Fl. Dec. 11 — he entered all three events.

May 21. TAC Pacific Assoc. Masters Championships, Los Gatos, CA. Bruce Springbett, PO Box 1298, Los Gatos CA 95030.


May 28. 6th Annual Golden State Masters Championships. Bozeman, MT. Mike Carigian, Box 1766, Bozeman MT 59715.

NORTHWEST

June 18. 4th Annual Senior Sports Festival. Seattle. King County Rec. Dept., 425 S.W. 144th St., Seattle WA 98166.


August 26-27. 5th Annual Montana Masters Championships. Bozeman, MT. Bruce Springbett, PO Box 1328, Los Gatos, CA 95030. (Includes 18-29, 30-34, Gun Runs, and Women's events)

HAWAII

Each Wednesday thru April 27. All-comers meets at U. of Hawaii, Honolulu, 6 p.m.

March 6. Development meet, 8 a.m. Kaiser HS, Honolulu.

March 10. Development meet, 8 a.m. Kaiser HS, Honolulu.


Canada


INTERNATIONAL


LONG DISTANCE RUNNING NATIONAL


March 27. TAC National Men's Masters Marathon Championships. Seattle. King County Convention Bureau, 1815 7th Ave, Seattle WA 98101. 206-447-7290.


June 18. TAC National Masters and Open 100-mile Championships. Shea Stadium, Queens, N.Y. Vince Chiappetta, 3400 Converse Ave, Bronx NY 10463. 212-796-5189.

Hiking


May 23. 23rd Annual Race of Champions Marathon, Holyoke, Mass. Walter Childs, 252 Maple St., Holyoke MA 01040.

EAST


March 27. Perrier Cherry Blossom 10 mile (plus 2-mile), Washington, D.C. 3000 runners. Box 471, Arlington VA 22204.

April 10. Run for the Arts 10K and 1 mile, Cheltenham PA. Phil Soel, 215-635-6611.


June 5. 3rd International Oxford Triathlon, Oxford, Md. 2.4-mile swim, 20-mile run, 50-mile bike. Fletcher Hanks, Box 368, Oxford, MD 21654. 301-226-5494.


MIDWEST


May 15. Revere-Cleveland Marathon & 10K, Cleveland, Ohio. Ken Starnon, PO Box 46046, Bedford OH 44146. 216-292-2675.


July 31-August 6. Telemark Running Camp, Cable, Wisconsin. 10,000 meter cross country race, August 6. Roadrunner Tours, 301 W. Highway 20, Michigan City, IN 46360, 219-872-7217.

(Continued on page 20)
SEVEN-UP AIDS MASTERS

The Seven-Up Company has announced that it will assist in the sponsorship of a select number of indoor and outdoor Masters Track and Field Meets.

In making the announcement, Guy L. Smith, vice president of corporate affairs for The Seven-Up Company stated:

“Our interest in the recreational activities of people of all ages is a serious concern. We feel the benefits of healthy and competitive sports is a plus for the vitality of the people of this country.”

Smith also announced that Warren G. Jackson, president of Circulation Experti, Ltd., and minority affairs consultant to the Seven-Up Company, will coordinate all Masters Track information and details. Jackson, a former standout high jumper at Manhattan College, selected five indoor meets for Seven-Up Assistance, including the Eastern Regionals at West Point on March 20 and the National Masters Championships in Bethlehem, Pa. on March 26-27.

According to Jackson, no outdoor meets have been selected thus far, but a few are under serious consideration. Meet directors wishing to contact Jackson can do so by writing: Mr. Warren Jackson, Minority Affairs Consultant to Seven-Up, Circulation Experti, 280 North Central Avenue, Hartsdale, NY 10503.

One of Britain's finest-ever distance runners, Ron Hill, 43, completed his 100,000th-mile of recorded training and racing January 8 in Manchester, England. Hill's career spans 25 years and includes marathon wins in Athens, Boston (1970) and a PR 2:09:28 in Edinburgh. Hill has competed in 32 different countries and hopes to notch a few more in the near future. Remarkably, Ron's training "streak" dating back to December, 1964 is still intact. "I hope it will continue to my 200,000th mile," Hill said. "Around the year 2010."

NORTH AMERICAN REPORT

by BOB FINE,
North American Representative to the World Association of Veteran Athletes

The following were elected as officers to the North American Council: President: Bob Fine; Vice-Pres: Alastair Lynn; Secretary: Miguel Rivera Veve; Treasurer: Fred Mannis.

The Council voted to hold the Pan American Masters T&F Championships every four years, and to continue the North American Masters T&F Championships, with medals a requirement.

Some feel the North American Championships have become local-regional meets and do not properly attract a large field from throughout the continent.

I am working on New York City as the site of the 1983 Championships — Sept. 10-11.

Ottawa, Canada has bid on the 1984 Pan American Championships.

We will have a North American Council meeting in Puerto Rico at the World Games.
DOWN WITH THE MARATHON!

“I don’t want to add to the myth of the marathon. It’s just a distance not a shrine.” — Alberto Salazar

You probably think that someone who writes a column on running and has been competing in the sport for over 30 years is some kind of marathon nut. To tell you the truth, I abhor the marathon. I detest it. I resent it.

The thing that has turned me against the marathon is the fact that it has been built up, promoted, and glorified to the detriment of shorter, but equally challenging races.

Not too long ago, I was bunging out a story in the sports department of The Honolulu Advertiser when someone mentioned that the results of the Scottsdale (Ariz.) 10 kilometer race were coming over the wire service. There were a few chuckles and one of the reporters said, “A 10K, that’s ridiculous.” I interpreted his comment to mean that had it been the Scottsdale Marathon, it might have had some merit.

Here in Hawaii, it seems as if most everyone views races shorter than a marathon as nothing more than warm-ups for the Honolulu Marathon in December. Until a few years ago, one of the biggest events in town as far as the competitors were concerned was the King Kamehameha Day Kuikini, a 4-mile race through Waikiki. It was well organized and administered when there were only several hundred people in the race, but then our marathon clinic doctors told the hundreds of novice runners in the clinic to enter the Kuikini and see if they could finish it. As a result, the Kuikini became so large that it was un-manageable. They changed it to a fun run for two years and then last year it was discontinued.

Last August, I stopped over in California to visit my parents while enroute to the Nike Masters Grand Prix 10K in Philadelphia. My father, a non-runner, couldn’t understand why I was going all that way to run “just a 10K.” He wondered why, if I was going that far, that I didn’t run a marathon. It was as if there must be some correlation between distance traveled and the distance of the event. I pointed out to my father that some of the University of Hawaii’s top female sprinters travel all the way to Madison Square Garden in New York to compete in the 60-yard dash.

Before I left on that trip, one of my local business associates asked why I bother with “those easy races.” In other words, a 10K is easy; a marathon is tough. I run into this kind of thinking all the time and it gets my blood boiling.

How times have changed! Back in the 50’s and 60’s, what few distance runners there were looked down upon the marathon. It was something you tried only when you “lost” your speed or if you were too slow in the first place to run the short ones with the real runners. The marathon was viewed in the same way that ultra-marathons are today.

I recall the time back in the mid-50’s when I joined the Santa Clara Valley Youth Village, a running club in the San Francisco Bay Area. The coach and organizer was a man named Mike Ryan. I asked a teammate about Ryan’s background and he told me that Ryan had once won the Boston Marathon (1912). That didn’t impress me at all. I remember thinking that he must not have had much speed if he had to run a marathon.

Now, of course, all former Boston winners have been bestowed and many are in line for sainthood.

In the late 40’s and early 50’s the feature event at any track meet was the 100-yard dash. As the distance went up, the race diminished in importance. With the assault on the 4-minute mile in the mid-50’s, that event became more popular, but the 2-mile, the longest event in most track meets, was considered the “plodder’s” race.

If you are a “survivor” and don’t agree with my views, then call me what you will. There are just two things I can’t stand being called — one is a jogger; the other is a marathoner.

The marathon mania that has resulted from the survivor’s approach to running has greatly distorted the ideas and outlooks of many people, including some race organizers and those in the media.

A few years ago, an event was put on in Honolulu which had three races — a 5K, a 10K, and a 20K. The entry form said that the 5K was for beginners, the 10K for intermediate level runners, and the 20K for advanced runners. I suggested to the race director that it should have been the other way around, but he did not understand.

When Alberto Salazar won his first marathon in New York three years ago, the television announcer expressed amazement that Salazar had put all of his past efforts into 5K and 10K events and had never attempted a marathon before. He made it sound as if Salazar had been a bush league and was now competing in the big-leagues.

To say that the marathon is a more challenging or more demanding event than a 10K, a mile, or a 100 meter dash is to say that Bill Rodgers is a better runner or greater athlete than Sebastian Coe or Herschel Walker. Who would dare suggest that?

The fact is that each distance has its own specific demands and requirements. The sprints call for much anaerobic (strength) ability and little aerobic (endurance) capacity. The marathon’s demands are just the opposite. The mile is said to be the most balanced test of a runner as its requirements are roughly half strength and half endurance. The demands of the 5K, 10K, 15K, etc. fall somewhere between the mile and the marathon.

“Marathoni are almost all plodders,” said Percy Cerutty, the legendary Australian distance coach. “They think the only thing that matters is how much they run, rather than how they run.”

If you are a “survivor” and don’t agree with my views, then call me what you will. There are just two things I can’t stand being called — one is a jogger; the other is a marathoner.

EDITORS NOTE: Mike Tymn won the 1979 Maui Marathon in 2:28:43, but says that he hasn’t run a marathon in 3½ years as he prefers the “tough races.”
# First National Bank of Alabama

## Cotton Row Run

### 10,000 Meter Race

**MEMORIAL DAY MAY 30, 1983**

**Racing South Grand Prix**

**Nike Masters Grand Prix**

"considered the top annual Master's road race in the country"

*Runner's World Nov. 1982*

Certified Course: Aid Stations: Excellent Traffic Control: Results mailed. Entry Deadline May 14, 1983.

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## Waiver & Release

I, individually, (and/or as parent, and/or guardian of the named minor) for and in consideration of acceptance of this entry in the aforementioned racing event, do hereby release, remise, waive, and forever discharge the Huntsville Track Club and the First National Bank and any and all other supporting groups of this said racing event, together with all of their officers, agents, officials and employees, from any and all liability, claims, demands, actions, or causes of action whatsoever arising out of, or related to any injury, illness, loss, or damage, including death, relating to participation in the aforesaid event. I further state I am in proper physical condition to participate in this event.

**Signature**

(Runner) (Parent/Guardian if under age 19) **Date**

**Entry Fee** of $5.00 MUST ACCOMPANY THIS FORM

MAIL ENTRY AND MAKE CHECKS PAYABLE TO:

Huntsville Track Club, P.O. Box 292
Huntsville, Alabama 35804

Non-Refundable & Non-Transferable — Limited to 4000 entrants.
An interesting aspect of the current running boom, or crest, or whatever you choose to call your involvement has to do with the ongoing mystery and saga of race results. I remember road racing in its infancy when nobody knew anything about anything. It was fun and wonderfully trendy. You were the only one in the office who knew how long a 10K was. Actually the races themselves were never too close to 10,000 meters in distance, but who knew and better yet, who cared! Alas, in three or four months everyone became an expert and shortly thereafter, a complainer.

Race results were an early target for complaining. “I don’t believe it, they left my name out!” “They had Julius Axelbolt ahead of me!” “They didn’t break it down by age groups, I was second in people born in July, 1930.” Another nice touch on results were several variations of austerity: the traditional slip of paper containing such in-depth information such as, “You finished 745th.” or the always popular, “107th.” The somewhat more up to date computerized offerings would say “492 out of 1132.” Hard hitting and to the point, but for the guy who likes to study race results in the bathroom, wholly inadequate.

Early computers were also very big on initials. Remember the endless lists that read, 307. K. Small 42.34, 308. B. Peters 42.39, 309. W. Wells 43.17. Someone could have been your wife and you’d probably never have known. This computer with initials was also one of the first to feature the size reduction technique. It reduced 19 pages of 8½ x 11 results to a single column. Unfortunately, it also called for strong light and a powerful set of eyes. From time to time a marathon finish line procedure that marked down every 100 or so runners caused minor discrepancies. Like your trusty Casio had you at 3:47.12 and the official race results showed you at 5:07.04. “We had your place right, Pal, what do you want us to do for five bucks, run the race for you too?” How about the old race telephone result hotline? A number you could call the day after the race and get complete race information. “Hello, this is Harry Cush and I think my time was somewhere between 4 and 5 hours.” “Just a minute while I look it up; O sorry, Harry we only kept results on those runners under 2:28.”

Of course the grandaddy of all race result complaints have to do with their availability. “Honey, the results of the 1979 Yuba City 10K came today in the mail.”

“Due to the increased costs connected with staging a major race we are forced to pass along a small fee for race results. If you would like mimeographed results of the race mail us $9 and a self addressed, stamped envelope. We’ll get back to you.”

Much easier to come by are the business results of any of the top races. I don’t know if the race results of the New York Marathon are out yet, if they are I bet its rather recent. On the other foot, the business results of the event were available two days after the race. There were 399,272,000 impressions of the New York Marathon on television. There were 4,271 advertising sandwich boards promoting the event in Brooklyn alone for preparation A. Spider Dan scaled Mario’s Pizza celebrating the race; 7,814 roller skaters were out promoting heart attacks among pedestrians as they carried the word for a West German lubricating jelly. Wheelchair riders stopped traffic in the name of Sta-Fresh Maxi Pads all over the eastern seaboard. The Marathon itself sold hats, gloves, wrist bands, T-shirts, socks, shoes, head bands, jackets, scarfs, tie pins, mugs, glasses, warm ups, a small locket with a picture of Fred LeGlow and the Pope. Marathoning has made strange running pals. Someone did say the Pope has increased his intervals to twice a week. Who knows? Everyone knows, you can’t do it on base alone.

Back to the business part of running. In case you just started planning a benefit 10K for the local hospital — forget it. Running has become show biz, big biz, and the ratings biz. Who knows where the next biggy might be. Let’s be there. Come to think of it though, I wonder just how tough it would be to learn the shot put?
1983 TAC National Indoor Masters Track & Field Championships
Rauch Fieldhouse  Lehigh University  Bethlehem, Pennsylvania  March 26-27, 1983

Sponsored By: 7 UP Nike
Hosted by: The Philadelphia Masters Track & Field Association
Sanctioned by the Masters Athletic Committee of The Athletic Congress

Eligibility & Age Group Divisions:
The competition is open to all men and women over the age of thirty who are registered with The Athletic Congress.

Divisions:
Men & Women: 0A (30-34); OB (35-39); 1A (40-44); 1B (45-49); 2A (50-54); 2B (55-59); 3A (60-64); 3B (65-69); 4A (70-74); 4B (75-79); 5A (80+)

Entry Fees:
$8.50 first event (includes T-Shirt and souvenir program)
$5.00 each additional event
$16 (X) per relay team

Relays:
All relay team members must be members of the same club. Runners may move down from their age division. The following relay events will be held:
4x400 Div. 0: 39-39; 40-40; 49-49; M 50-59 M 60-60
4x580 Div. 0: 39-39; 40-40; 49-49; 50-59 M 60-60

Schedule of Events:
Order of Events:
A. Submasters, then women, then older to younger men — mixed age groups if necessary.
B. Submasters, then women, then older to younger men — mixed age groups if necessary.
C. Submasters, then women, then older to younger men — mixed age groups and/or older age group sections if necessary.

Saturday, March 26
Co-Meet Directors: Bert Lancaster, Bill Bellaville
Meet Coordinator: Fred Mannis

Event Number Event Order Time
1A 60 T A 11:00 AM
1B 60 F B 10:30 AM
2 1 mile T B 10:00 PM
3 1000 F A 9:30 AM
4 300 F C 2:45 PM
5 4x800 F A 3:45 PM

Sunday, March 27

Co-Meet Directors: Bert Lancaster, Bill Bellaville
Meet Coordinator: Fred Mannis

Event Number Event Order Time
12A 60 HH T A 11:00 AM
12B 60 HH F B 10:30 AM
14 600 F C 1:45 PM
15 2 mile W F 2:30 PM
16 4x400 F B 3:15 PM

All finals will be run in the scheduled final time slot.

The SP, LJ, TJ, WT event competitions will each receive six jumps or throws.
The HJ, PV bar will be set at lowest height requested by any competitor — the bar will not be lowered during the event.
We will do everything we possibly can to ensure that the meet is run on schedule. If you enter both track & field events where the schedule may conflict, you do so at your own risk. The event official will have final word regarding any time allowance to competitors. We will not disrupt the event and inconvenience other competitors.

Official Entry

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Athlete’s Release
In consideration of my acceptance of my entry, I, hereby for myself, my heirs, and executors, waive, release and forever discharge any and all claims for damages which I may have, or which may hereafter accrue against The Masters Athletic Committee, The Athletics Congress, The Philadelphia Masters Track & Field Association, all other meet sponsors and sports facilities or their officers or agents, for any and all damages which may be suffered by me. I certify that my level of training is such that I am prepared to compete and recognize the right of the Meet Director to require supplementary training and/or medical evidence before allowing me to compete, and further recognize the right of any duly authorized member of the medical staff to require my withdrawal from competition, and will do so if directed.

Date: Athlete’s Signature

National Masters News March 1983 page 9
I have chosen to focus on three thought-provoking letters written to me in response to various columns.

Paul Dungan, the record-setting sprinter from Portland, Oregon, writes: "Running gives me a breath of fresh air, in an otherwise much too polluted world.

"Why do I run? When I was sixteen years in these activities I have met with grams since I was 31. I am basically a (800 or 1500) and in 5K fun runs in the and a lot of in-between. Competing br off track seasons. In the past eight also lead to excessive self-pride, so it old and have been active in the pro

Greenwoods would say that Nancy is as hospitable, as capable and as en

It was there in Northern Italy that I saw the lives of young friend's being terminated everyday. They were to have no future, it all ended there.

There were people out there who were making no bones about seeing that you didn't become "old bones." Somehow I made it through.

"I guess what I'm saying is that I really don't have any "fear of aging." I love where I am and what I have done, because there was some question about ever making it to my 22nd birth

day back in 1945.

"I'm really hopeful for the future, I'm looking forward still to growing older. The only fear that I have about becoming older would be getting a bug or losing my health. I don't know just what has prompted me to get into all this commentary. Perhaps, I too, have this fear of aging - perhaps!"

There you have it - a potpourri from the postman - strong statements from vital strong people. Is there a common theme? Of course there is! We are hearing testimony from players in this card game called "life" that each of us is playing. These three bear eloquent witness to the fact that people can win with the cards which are dealt them, and can even revel in doing so.

PHIL CONLEY

PHIL THE

Philosopher

by PHIL CONLEY

I met Nancy Greenwood, wife of the legendary Jack Greenwood from Medicine Lodge, Kansas, in 1975 at the AAU Masters Nationals in White Plains, NY. Anyone who knows the Greenwoods would say that Nancy is as hospitable, as capable and as enthusiastic a person as Jack is a competitor on the track and off. They would also say that Nancy does not refrain from speaking her mind. Nancy wrote me last summer in response to my article, done tongue-in-cheek, about competition, money and the decline of sexual prowess and interest for athletes over 50. Her letter also indirectly provides some exposure to Jack's training habits.

"Why do I run? When I was sixteen years old I became an insulin-dependent diabetic. 20 years later I continue to struggle to postpone the severe debilitating medical complications that affect juvenile-onset insulin-dependent diabetics.

"Even though I take daily insulin injections and must adhere to a highly restrictive diet, the key to my stabilized diabetic condition lies in daily vigorous exercise, and nothing is better than running. It can be done inexpensively and independently of anyone else; It is the base of my continued life. The challenge of darkness and bad weather can be met, and must for me.

"What the healthy man takes for granted, I and others like me must struggle to achieve even a semblance of energy and strength, while attempting to preserve a nearly normal life. As I ride my daily roller coaster of rising and falling blood glucose levels, I maintain a difficult balance of stability with insulin, diet and exercise. The insulin and diet keep me alive, the running forestalls the retinopathy, neuropathy and the multitude of other vascular disorders that lie in wait down the road. Though I and other diabetics may appear quite healthy on the surface, within lies a constant battlefield for survival.

"Since diabetes is an abnormal metabolic condition, one that robs the body of its ability to utilize energy sources properly, I shall never be able to compete to full potential. But I hope that I will always be able to run — for it provides me with that precious opportunity for experiencing life and the hope of a new tomorrow. There you have one man's motivational drive."

Floyd (The Chunk) Simmons of Charlotte, North Carolina, joined Bob Mathias on the Olympic victory stand in 1948 and 1952. Everyone who knows The Chunk realizes that he is the little boy who never grew up in each of us.

But he has a serious side to him also, and it was in this vein that he wrote me regarding the subject of "the fear of aging."

He writes: "I can tell you about the last great war, World War II, the last of the "fun wars." During the latter part of 1945, I was with the 10th Mountain Division, trying my best to do my duty - fighting for a good cause. It was at that time that I became most concerned about AGING, or rather NOT AGING at all.

"It was there in Northern Italy that I saw the lives of young friend's being terminated everyday. They were to have no future, it all ended there.

There you have it - a potpourri from the postman - strong statements from vital strong people. Is there a common theme? Of course there is! We are hearing testimony from players in this card game called "life" that each of us is playing. These three bear eloquent witness to the fact that people can win with the cards which are dealt them, and can even revel in doing so.
Masters Journey to Bermuda

The Bermuda race weekend January 29 and 30 attracted 1,026 entries for Saturday's 10K and 357 entries for the marathon on Sunday. The international flavor was evident as top masters finishers in the two races were from the US, Canada, and England as well as Bermuda.

Hampered by 25 knot winds on the hilly course, 10K times were generally 1½ to 2 minutes slow. Finishing the 10K in 20th place overall, only 3 seconds behind Grete Weitz, Bob Fischer (33:05) was top masters male, while Barbara Pike (40:38) was first female master. First in the female senior division was repeat winner, 62-year old Jean Price finishing in 55:00. Myron Meyer ran an impressive double, winning the 50+male division in the marathon in 3:05:50.

Geoff Payne, 2nd master in 33:41, was also the first Bermuda resident to cross the finish line. Payne came back the next day to run the marathon in 3:06:55.

The marathon, though notoriously hilly, was run under more favorable weather conditions. Bob Jenkins (2:32:56) and Ray Swan (2:34:11) were 1st and 2nd master finishers, placing 9th and 10th overall. Swan was also the first Bermuda resident finisher. Margaret Deckert, running 3:34:06, was the first female master.


The Harris' collected an array of awards as Eunice was second senior female in the 10K while Colin was 3rd master male in the marathon.

Among those doubling in both races was 71-year old Leon Hayward, who ran the 10K in 56:24 and the marathon in 4:34:51. Said Leon, "I did it to prove a point." — from Barbara Pike.
The Masters Runner and “Peaking”

Getting ready for the “big one” is a fascinating aspect of masters competitive running. There are a number of useful things that all runners do prior to an event. But, among masters and veteran runners, some of these preparations have special usefulness and perhaps bear discussion in this column.

This is the first half of “getting ready” and will be physiological in nature. We will deal with some psychological and emotional modes of preparation at a later date.

For a week or even two before the “big event” — which, for purposes of discussion, we will use the marathon — I begin to modify my mileage. Having run a month of one hundred mile weeks, I now run seventy mile weeks. In addition, I become very careful with the proportion of speed vs. LSD, with the period between the fourth and sixth of July. Notwithstanding that Minnesota runners do see a good deal of cold weather, this is a little unusual. But, for me it works well in avoiding post-run tightness and injury. I fear for that day in August, when on the way to an emergency at the hospital I am “rammed” at an intersection, taken to the hospital emergency room and, through the bruises and brisations, am discovered to be wearing a full suit of gobs of pain to remember this fun exercise.

In the next issue I will cover the last twenty-four hours before a specific race. Since I’ll be running in the Florida Festival Marathon in Orlando, Florida in several weeks, I’ll detail the actual events, the problems, the solutions. Because this will be an abrupt change from a cold climate to a warm one, we will have to be solved. Between now and then I intend to overdress and expand my base, running 100-plus mile weeks and trying for ten-hour weeks on the exercise ergometer. Hopefully my work capacity will absorb the insult of the relatively warm day with its mandatory fluid and electrolyte loss. When you read this column the Florida Festival Marathon will be history. So wish me well. I would do the same for you ... if you don’t run in age group 55-59. In which case I would merely wish you pretty well.

Happy running. And pass on the good wishes.
CLEVELAND MARATHON & 10K • 1983

Sunday, May 15, 1983, 8:00 a.m. & 8:30 a.m.

SPONSORED BY: REVCO D.S., INC.

HOSTED BY: Cleveland State University in cooperation with the City of Cleveland.

SANCTIONED BY: Lake Erie Association/TAC, The Athletic Congress and Roadrunners Club of America.

ENTRY FEE: $7 (sorry, no refunds)

AWARDS: (Winners must be present to receive awards.)

MARATHON: To first 5 men and first 5 women overall; merchandise & plaques in each age division. First place team trophy.

10K: To first 3 men and first 3 women overall; merchandise & plaques in each age division. (Teams cannot be entered in the 10K race.)

DIVISIONS (Both Races)

MEN: 14 and under/15 to 21/22 to 29/30 to 39/40 to 49/50 to 59/60 and over.

WOMEN: 14 and under/15 to 21/22 to 29/30 to 39/40 to 49/50 to 59/60 and over.

T-Shirts to All Participating Entrants.

PICK-UP RUNNING NUMBER AND RUNNER’S KIT AND/OR LATE REGISTER: Fri., Noon to 7 p.m., Stouffer’s Inn on the Square. Sat., 10 a.m.-7 p.m., Stouffer’s Inn on the Square. Sun., 6:30-8 a.m., CSU University Center.

All runners must pick up a runner’s packet prior to 8 a.m., Sunday, May 15.

SEMINAR: 1 p.m. Sat., Stouffer’s Inn on the Square.

POST RACE MEAL: 10:30 a.m.-2 p.m., CSU University Center.

AWARDS CEREMONY: 2 p.m., Physical Education Building, CSU.

HOTEL ACCOMMODATIONS: Stouffer’s Inn on the Square
24 Public Square
Cleveland, Ohio 44113
216/696-5600
$46.00 plus tax

NO CONFIRMATION WILL BE MAILED. PLEASE RETAIN THE INFORMATION ABOVE.

REVCO-CLEVELAND MARATHON & 10K ENTRY BLANK

Please enter me in the Sixth Annual Revco-Cleveland Marathon and 10K. In consideration of your accepting this entry thereby for myself, my heirs, executors and administrators waive any and all right and claim for damages I may have against Revco D.S., Inc., Cleveland State University, Lake Erie Association/TAC, The Athletic Congress, Roadrunners Club of America, any or all sponsors, or the cities or towns in which the race is contested, their representatives, successors and assigns for any and all injuries suffered by me in said event. I also give permission for the free use of my name and/or picture in any broadcast, telecast or other account of this event. I further attest and certify that I am physically fit, and have sufficiently trained for competition in this event, and my physical condition has been verified by a licensed medical doctor.

Signature

Signature of parent, if under 18 years of age

(Tac number)

Entry blank must be postmarked no later than May 1, 1983. Runners who register before May 1st will be listed in The Plain Dealer tabloid issued one week prior to race date.

Before mailing, please be sure 1 through 10 are answered correctly and legibly for single runners; 1 through 11 for team entrants.) All 5 entries must be received together.
ERINE BILLUPS
By Jim Oaks

If one were to judge Ernie Billups by some of his finish pictures published in NNN (June, 1982 and Aug., 1982), the conclusion might be that he has an almost fierce personality. Although any runner who has competed with Ernie would probably categorize him as one of the fiercest competitors they have raced, they would also probably be quick to tell you that off the track or road, Billups is one of the nicest individuals they have ever met.

It was my pleasure to have Ernie as our house guest for three days in early December, 1982, when the Huntsville Track Club conducted the Humana Rocket City Marathon. I had wanted to learn more about this man who Val Schultz had described as “perhaps the best master runner in the U.S., considering his ability to run so well at both ends of the distance spectrum,” when Schultz was in Huntsville for the Cotton Row run last May.

Since learning of Ernie Billups through national publications (primarily NNN) in the past two years, I too had been impressed with his fantastic ability to run fast at the middle distances and to also be so tough on the road. Billups is one of the nicest in both ends of the distance spectrum, and deservedly so.

In 1982, the 1981 TAC Nationals in Los Gatos, followed by a 2:27:39 (age 44 AR) in the New York Marathon two months later. How does this Chicago native accomplish such a wide range of top performances? The answer seems to be with a “ton” of natural ability and consistent training.

Ernie ran high school track and cross country his junior and senior years at Tilden Tech in Chicago. He was the City Cross Country Champion his senior year, and had a mile PR of “around 4:40”. Favorable impressions by, and good relations with some of his teachers influenced Ernie's decision to major in education in college. His high school counselor advised him against his initial decision to major in Physical Education, saying that the football players were more likely to get the P.E. jobs, so Ernie enrolled at Wilson Junior College in Chicago to major in Elementary Education, and didn’t give too much thought to running.

However, it wasn’t long before the track coach at Wilson learned that there was an outstanding city runner in school, and he was able to convince Ernie to join the track team. The coach helped Ernie arrange a job change from the city to the library at the college which gave him enough time to train for track. His performance at Wilson in 1955 and 1956 earned a track scholarship to Loyola University in Chicago for his last two years of college, where his best distance was the 880.

His college PR for the half-mile was 1:51.

“After graduating from Loyola in June, 1959, (he was sick with acute mono one year, and missed a year of school) I ran in every track or road event I could find that summer,” recalls Billups. “Finally a friend talked me into running a two-man 10 mile relay on Labor Day, and that pretty much took the last bit of competitive desire from my system.” The next day he began teaching in Chicago’s Willard Elementary School, and after seven years there, moved into school administration by taking an assistant principal position at Leif Ericsson High. Three years ago Ernie became principal of Jacob Beidler Elementary. He has enjoyed his 23 years in the Chicago Public Schools, and finds the summer vacation ideal for his middle distance training. Ernie’s wife, Vanice, is also an educator, working as an art teacher in the Chicago Public Schools. They have four children, two of their own, and two whom they have adopted. Ernie also has four sisters who are teachers, so the Billups family has the education of Chicago well in hand.

From 1959, until June, 1977, when Ernie decided to run a little to lose some weight, a wealth of running talent lay dormant. After a few weeks of “conditioning” running, the competitive juices began to flow, and Billups decided to try the Chicago Marathon that September. He ran a 5 mile and a 20 KM road race in preparation, but began to have serious doubts about the 26.2. “That 20 K was the longest race I had ever run,” laughed Billups. “I remember thinking at the 10 mile mark of that race that there was no way I would ever make 26 miles as much as I was hurting then.”

However, he finished the 1977 Chicago Marathon in 3:09 and continued to train and race that winter, then got back into track competition the next summer.

The speed at the middle distances came back almost immediately, for in July, 1978, at the TAC Nationals in Atlanta, Billups won the 800 M in an American master record time of 1:57.5, and also took the 1500 M title in 4:09.8. By the end of the next summer he established three U.S. master age 42 records: 800 M (1:56.0), 1500 M (4:02.5), and mile (4:25.7). Since the summer of 1978, Ernie has been the dominant master middle distance runner in the U.S., winning the TAC National (40-44) 1500 M title four straight years, and the 800 M title in ’78, ’79, and ’80. Now that Ernie is 45, he is in a class all by himself, as he easily took the 45-49 National Championships in Wichita last August with a 2:01.35 in the 800 M and a U.S. age 45-49 record 4:07.15 in the 1500 M.

Since he began running again in 1977, Ernie’s only major injury has been an Achilles tendon problem during 1981. It began to bother him in the spring, and by early summer had become severe, making training difficult and at times impossible. He received treatment at the Sports Medicine Clinic in Chicago, and was able to continue to train. In August the foot was taped in a “comfortable” position in Chicago and he left the tape on for ten days while he competed in the Pan-Am Games in Los Angeles, and a week later in the TAC Nationals in Los Gatos. “I was real careful not to get the tape wet when I took a shower,” Billups recalls. “It was a bit of an awkward way to spend ten days in California, but it worked.” The injury gradually got better that fall, and has not bothered him since. Billups is not a strong advocate of stretching, preferring to start and end runs slowly.

For marathon training, Billups is primarily an LSD trainer. Since he races almost every weekend, (He ran 52 races or meets in 1982) he usually does not run any other speed workouts during the week, except maybe a fartlek run about mid-week. He finds that his best weekly distance is in the 80-85 mile range, and most of his training is at a 6:30 to 7:00 minute-per-mile pace. Usually his runs are completed before he goes to school in the morning, which can mean some pretty tough training in Chicago during the winter.

Ernie’s summer track work is much more intense. For speed he runs ten to eighteen 220’s at 30 seconds with a 220 walk-jog recovery between. For endurance he likes to do eight to ten 440’s in the 63-66 range with a 220 walk-jog recovery. He does most of his training for both track and road races alone.

When asked about the type of racing he enjoys more, Billups finds it hard to make a choice. “One of the big reasons I like running is the association with quality people through the competition. I have made some very good friends through road racing as well as running track.” He rates the 1981 TAC Nationals in Los Gatos among his most memorable races, but says, “Perhaps my fondest racing memory is the 800 M Championship at the World Games in Hanover, Germany, in 1979, where I ran 1:56.6 to win the 40-44 division.”

He is also very proud of the fact that for each of the past four years he has completed a sub-2:30 marathon.

This year Ernie broke his usual pattern of running about two marathons per year, since his trip to Huntsville for the Humana was his 5th marathon in 1982. “I don’t think I will run that many marathons in one year again,” Billups commented. “But after Chicago in September, I wanted to see if I could come back with a sub-2:30 like I had done in New York in 1981. So I went to Buffalo for Skyblon but the wind was too rough for an all-out effort.” (He still ran 2:35).

“I had heard some good things about the Rocket City Marathon in Huntsville, and decided to try one more long one in 1982.” Unfortunately the rain wind in Huntsville on December 11, 1982 were not ideal for P.R.’s, but Billups’ 2:33:18 gave him an easy win in the 45-49 division and he was 5th master in the sixth running of the Humana Rocket City.

Ernie seemed to enjoy his first trip to Alabama, and those of us associated with the Humana Marathon were glad to have a runner with such outstanding credentials participate. One gets the feeling that Ernie will still be a familiar face around running events for many years, even if he slows down. He seems to like the people in running just as much as the competition.

But a final word of caution. Don’t bet the farm that he will slow down soon, at least not until Wendy Miller does a profile on him. That may take some time.
MimtvmoMAHr OWN so MUCH It^asoneof those victories that, frankly, took us by surprise.

All we were after was an Air shoe with a slightly more down-to-earth price tag.

The more runners who experience Air, we reasoned, the fewer will settle for anything less. That was the theory.

Pegasus. That was the name.

Then our R&D department proceeded to run amuck. First, they incorporated the Nike Air-Wedge™. That was fine. Because it gives the kind of long-lasting cushion you just can't find in any other shoe.

But then they started looking around for other innovations from some of our more specialized models.

Next thing we knew, the Pegasus was sporting the Waffle™ Center-of-Pressure™ outsole. For even more cushion. And greater stability. It also made the Pegasus great for running over any number of different surfaces. From grass to asphalt, to gravel and mud.

Then, they flared the heel for a touch more stability. Notched the suede at the first metatarsal for flexibility. And even went to a lighter EVA formulation in the midsole.

As a result, the Pegasus is not only a great training shoe, but at roughly 10 ounces in a size 9, it’s more than light enough to race in.

We were stunned. And we told them — this is just too much technology, too much versatility. The Pegasus is simply more shoe than we bargained for.

Then they reminded us. That’s what a bargain is all about.
V WORLD VETERANS GAMES

SAN JUAN, PUERTO RICO  September 23 to September 30, 1983

COMPETITION PROGRAMME
REVISED JAN. 31, 1983

DATING: (see legend)  ROUND  STARTING TIME

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SCHEDULE (see legend)  ROUND  STARTING TIME

City of San Juan

Dear Masters Athletes:

On behalf of the people of San Juan, I extend to you a warm welcome to the V World Masters Games here in the Capital City of Puerto Rico in 1983. We are deeply honored to host this important international competition. The City of San Juan is making extensive preparations for the visit of more than 5,000 athletes and their families.

We hope your visit to San Juan will enable you an opportunity to become better acquainted with our city and its people. San Juan is the oldest city under the flag of the United States, combining a rich cultural heritage with the most modern of accommodations and facilities. Most important, however, we hope your presence in San Juan will help to bring together athletes from nations around the world in a spirit of friendship and athletic competition.

We look forward to seeing you in San Juan during the V World Masters Games.

HON. HERNAN PADILLA
Mayor of San Juan
Patron of Games

Sincerely,

Hernan Padilla, M.D.
Mayor

ENG. MIGUEL RIVERA YEVEN
Director of Operations

Suggested and desirable (no stipulations) performance standards for the V World Veteran Championships.

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COMBINED PARTICIPATION OF AGE GROUPS/CLASSES

No combination within Master's Division.

not contested/word nicht durchgeführt
NOTES

1. OPENING CEREMONIES HAVE BEEN SCHEDULED FOR SATURDAY SEPT. 24th, 1983 AT A- MAIN STADIUM SIXTO ESCOBAR

   SIXTH DAY-SEPT. 28, 1983
   K 40  A  TRIALS  A  F  08:00  6:00 AM
   K 60  B  A  F  08:00  6:00 AM
   K 80  C  A  F  09:30  9:30 AM
   W 45  A  A  F  08:00  8:00 AM
   W 55  A  A  F  15:00  3:00 PM
   W 80  A  A  F  15:00  3:00 PM
   M 55  A  A  F  18:00  6:00 PM
   W 40  B  A  21:10  9:10 PM

   200 MTS.  W  ALL  A  F  15:00  5:00 PM
   W  ALL  A  F  22:00  10:00 PM
   W  ALL  A  F  22:10  10:10 PM

   500 MTS.  W  ALL  A  F  19:00  7:00 PM
   W  ALL  A  F  22:00  10:00 PM

   400 MTS.  W  ALL  A  F  21:00  9:00 PM

   POLE VAULT M 55+  A  F  16:00  4:00 PM

   FIFTH DAY-SEPT. 27, 1983
   POLE VAULT M 40 M55, M55 A  F  16:00  4:00 PM
   CROSS COUNTRY M & W SPECIAL COURSE  F  07:00  7:00 AM
   400 MTS.  W  ALL  A  TRIALS  F  15:00  3:00 PM
   W  ALL  A  TRIALS  17:00  5:00 PM
   1,500 MTS.  M  ALL  B  TRIALS  F  15:00  3:00 PM
   W  ALL  B  TRIALS  15:00  3:00 PM
   100 MTS.  M  ALL  B  TRials  F  16:00  4:00 PM
   W  ALL  B  TRIALS  16:00  4:00 PM
   50 MTS.  M  70+ & W 70+  B  TRIALS  F  17:00  5:00 PM
   W  ALL  C  F  08:00  8:00 AM

   SEVENTH DAY-SEPT. 29, 1983
   100 MTS.  M  ALL  A  F  15:00  3:00 PM
   M  ALL  A  F  17:00  5:00 PM
   W  ALL  A  F  19:30  7:30 PM
   100 MTS.  W  ALL  A  F  21:00  9:00 PM
   W  ALL  A  F  21:45  9:45 PM
   400 MTS.  M  ALL  A  F  07:00  7:00 AM
   M  ALL  A  F  08:00  8:00 AM
   W  ALL  A  F  08:00  8:00 AM
   80 MTS.  M  70+ X 70+  B  TRIALS  F  17:00  5:00 PM

   PENTATHLON M 75+  B  F  18:00  6:00 PM
   W  ALL  C  F  08:00  8:00 AM

   EIGHT DAY-SEPT. 30, 1983
   MARATHON M  ALL  MARATHON COURSE  F  05:00  5:00 AM
   M  ALL  MARATHON COURSE  15:00  3:00 PM
   W  ALL  MARATHON COURSE  05:00  5:00 AM
   PENTATHLON M 60  A  F  14:00  4:00 PM
   PENTATHLON M 40  A  F  08:00  8:00 AM
   PENTATHLON M 45  A  F  08:00  8:00 AM

   NINTH DAY-OCTOBER 1, 1983
   * TEAM RELAYS  ALL  A  08:00  8:00 AM
   * UNOFFICIAL EVENTS SPONSORED BY VARIOUS MASTERS CLUBS IN U.S.A.
   MORE INFORMATION AND ENTRY FORMS WILL BE AVAILABLE DURING THE WEEK OF THE GAMES.

SITE LEGEND:
A- MAIN STADIUM SIXTO ESCOBAR
B- PARQUE CENTRAL
C- POLICESTadio
D- CAGOBOMO
E- SOFTBALL FIELD PARQUE CENTRAL
F- WARM UP TRACK SIXTO ESCOBAR STADIUM

1. OPENING CEREMONIES HAVE BEEN SCHEDULED FOR SATURDAY SEPT. 24th, 1983 AT 10:00 TO ALLOW ALL COMPETITORS TO PARTICIPATE IN SAME.

2. THE STARTING TIMES AND SITES OF THE EVENTS ARE SUBJECT TO CHANGE DEPENDING ON THE NUMBER OF PARTICIPANTS ACTUALLY REGISTERED. HOWEVER, OFFICIAL ANNOUNCEMENTS WILL BE PUBLISHED AND DISTRIBUTED TO ALL PARTICIPANTS UPON ARRIVAL AT SAN JUAN.
World Veterans Games, September 23

by HELEN PAIN

Yes, you can afford to go to Puerto Rico for V World Veterans Games, September 23 to October 1, 1982. In fact, you can't afford not to go!

Puerto Rico is a foreign flavor with domestic conveniences. It's a "have your cake and eat it too" destination for US'ns. This Spanish setting "Speaks English," does not require a U.S. passport nor visa, and accepts your U.S. dollar . . . willingly. Air-conditioning, entertainment, fine restaurants, casinos, beaches, shopping, historical sites, museums and art galleries all exist for your pleasure.

But, you say, what about the competition? What will V WAVA be like? The Organizing Committee in San Juan is working with a 1 million dollar budget. Men and computers are lined up to give the 4-5,000 competitors "the best yet." Europe is way out in front of hotels sprinkled throughout the city.

In order to accommodate the thousands of visitors located in dozens of hotels sprinkled throughout the city, the Organizing Committee is planning to run continuous shuttle bus service between the hotels and the competition sites. This has to be the "buy of the year" for only $10.00 per person for the week! Just a word of warning though, the traffic at certain times of the day will double the time enroute.

Yes, deluxe resort facilities are available even on a "single" basis, but also comfortable bargains can be created by "tripling" up in the large rooms of first-class hotels. Yes, you can pay "an arm and a leg" for meals in elegant dining rooms, or as little as you would pay at home at "Burger King." And there are even some rooms with kitchenettes where you may prepare some of your own meals.

The Masters' World Games have not been held in North America since 1975 — eight years ago, when they were initiated in Toronto, and they probably won't be coming this way again for many years. The cost of travel to the South Pacific, Europe, the Orient, all other potential sites is 2, 3, 4 or more times as expensive as to our friendly neighbor, Puerto Rico.

Therefore, if you have ever had the urge to pit your athletic talents against your past records and your world-wide peers, September '83 is the TIME and San Juan, Puerto Rico is the PLACE.

SUMMER RUNNING CAMP PLANNED

Telemark Lodge in Cable, Wisconsin, site of the Birkebeiner, America's number one nordic ski race, will also be site of a running camp this summer.

Hal Higdon, three-time world masters champion, will coach at the camp along with Southwestern Michigan College's Ron Gunn, whose cross country teams have won six national junior college titles.

Executive Director will be Chuck Moeser, who for the last three summers has directed the successful G.N.R.C. Running Camps in New Hampshire. Moeser recently moved to Telemark as nordic ski director; during the summer he is a 2:28 marathoner.

"Chuck's coming to Telemark Lodge was like a gift," claims Higdon. "I've had my eyes on Telemark for several years as the ideal site for a summer camp. Their ski trails also make great running trails. They have miles of dirt, back-country roads plus a golf course. But we needed someone at Telemark to make it happen. Chuck's that person."

Other activities besides running at the Northern Wisconsin lodge include: fishing, swimming, tennis, horseback riding, and canoeing.

The camp will begin July 31, "right after the World Lumberjack Championships at Telemark," says Higdon, and conclude with a 10,000 meter cross country race August 6. The Paavo Nurmi Marathon is scheduled for nearby Hurley on August 13 for those wanting to stay two weeks.

For further information, contact: Roadrunner Tours, 301 W. Highway 20, Michigan City, IN 46360.

Miller breaks Pentathlon Record

Gary Miller, competing against ten open athletes at Cox Stadium, San Francisco State University, January 6, broke Rudy Enders' American Record for age 45-49 in the pentathlon.

Miller finished fourth overall in the competition with 2758 IAF points, breaking the record of 2464 set in 1979. Miller's marks were 200 points below his total in 1978.

Many of the open athletes gained considerable respect for the master athlete and our masters program. Miller's marks were 200 points below his total at the Nationals, but very good for an early season performance under difficult conditions. L. J. - 5.93m; J. T. - 46.32m; 200m - 24.1; D. T. - 30.15m; 1500m - 4:48.0. The WAVA points were 3695.

ARE YOU GOING TO PUERTO IN '83? NOW IS ACTION TIME!

Even though the original deadline of June 1, 1983, to receive entries for V WAVA has been extended by the Organizing Committee to July 1, more than 2,200 reservations have already been received. Less than 100 competitors from the U.S. have sent in deposits for the World Games, yet several hundred have expressed interest.

SPORTS TRAVEL INTERNATIONAL, LTD. has booked space — both air and hotels — for the U.S. Masters, but with the pressures from the rest of the world we cannot hold them until meet time. If you want to be sure of the best to suit your needs, whether the most convenient or the least expensive, you must ACT NOW. Write for the revised entry forms and your Option Sheet . . . hotel, air, car, cruise, yacht.
3. COMMISSIONS: Agency commissions allowed to modify agency discounts.

4. FREQUENCY DISCOUNTS

- 1 insertion: 100%
- 2 to 5 insertions: 50% per word
- 6 to 12 insertions: 25% per word

5. TEAMS

- Over the Hill Track Club, Cleveland, Ohio, January 9. Over 250 masters and open division athletes opened the 1983 track and field season at Maple Heights High School. Photo by Mike Essie Kea, 45, puts the shot at the Lake Erie Indoor Track & Field Championship sponsored by Eberts, PEAK MOMENTS PHOTOGRAPHY.

6. SPECIAL RATES

- For new and renewals, $20
- For advertisements, $25 per word

7. MECHANICAL REQUIREMENTS

- Color ads: Additional charge of $25 per page
- Negative ok. No mats, cuts or plates
- No color ads

8. CLOSING DATES

- Race notices are 25 cents per word. Prepayment required with copy
- Track notices are 50 cents per word. Count name and address as 5 words

9. CIRCULATION (Dec. ISSN)

- Paid: 2,500
- Distribution: Annual Subscription $22

10. PERFORMANCE MEASURING SYSTEM

- Improves or worsens
- Better if younger
- Faster if older
- No significant change

1983 TIME STANDARDS ANALYSIS CHART

<table>
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<tr>
<th>AGE AND WOMEN</th>
<th>BY AGE AND WOMEN</th>
<th>Improvement Profile</th>
<th>Performance Category</th>
<th>Best Distance from Sprint to Marathon</th>
<th>Best Distance Range of Ability</th>
<th>Best Performance Category</th>
<th>Performance Profile of MASTERS and SUB-MASTERS</th>
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Track and Field Championship

- Tampa Bay Track and Field Championship
- For MASTERS (over 35) and SUB-MASTERS (18-34)
- Includes both MASTERS and SUB-MASTERS
- Trophies for first place male, female, 19 years and under male and female
- Medals for first, second and third; Ribbons for fourth and fifth
- Love Run-$5; 1st Event-$3, $2 each add. event.
- Deadline is the 1st of the month prior to issue date
- Send to NMN, PO Box 2372, Van Nuys, CA 91404

- tabletop advertisement
- classified ad
- rule for ad

Tampa Bay Track and Field Championship

- TAMPA BAY TRACK AND FIELD CHAMPIONSHIP
- For MASTERS (over 35) and SUB-MASTERS (18-34)
- Trophies for first place male, female, 19 years and under male and female
- Medals for first, second and third; Ribbons for fourth and fifth
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- Send to NMN, PO Box 2372, Van Nuys, CA 91404

- TAMPA BAY TRACK AND FIELD CHAMPIONSHIP
- For MASTERS (over 35) and SUB-MASTERS (18-34)
- Trophies for first place male, female, 19 years and under male and female
- Medals for first, second and third; Ribbons for fourth and fifth
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- Send to NMN, PO Box 2372, Van Nuys, CA 91404
**USA MASTERS UNIFORMS**

Uniform Package Includes: Sweat suit, singlet, trunks, stuffer bag. Men’s & women’s are royal blue. Women’s do not have white ribs on sleeve. Women singlet all blue no white mesh.

To Order: Send check or money order made out to “Jim Weed” and send to Masters Uniforms, Jim Weed, 11672 E. 2nd Ave., Aurora, Co. 80010.

**Mens $50    Womens $45 including shipping in U.S.**

**Circle appropriate information.**

Mens - S M L XL

Womens -

Trunks - Red Blue
1983 Nike Masters Grand Prix Series

By Valdemar Schultz

The NIKE Masters Grand Prix Series is ever-evolving. Last year, more than 40 distance runners won trips to the National Masters Sports Festival in Philadelphia, August 15th, to run in the Grand Prix Final 10K. Six runners won trips to the International Veteran Distance Running Championships held at Lake Kawaguchi, near Mt. Fuji, in Japan, September 14-15.

The stated purpose of the 1982 series was to allow older masters runners an opportunity to win trips and to produce medal winners in Japan. A large portion — nearly half — of the domestic trip winners were over 50 years of age, while all Grand Prize trip winners won gold medals in Japan in every race they entered. The purpose was accomplished — in spades!

In 1983, the purpose is again two-fold: (1) to integrate T&F athletes into the Grand Prix and (2) to produce our best masters team (three members) for men and women. This means fewer trips available exclusively to distance runners (the same number or more overall however), and a greater emphasis on the younger age groups than last year. The races selected thus far are all in May: May 8th is the Minnesota Masters 15K in Minneapolis. Race director Jack Moran, who has received numerous plaudits for his Twin Cities Marathon in October, is at the helm of this one. May 22nd is the third Viking Classic in Portland, Oregon. Since its inception, Bob Williams, the race director, has been friendly to masters runners. The National Masters 20K Championship was won by the Portland Valley Seniors of Washington, D.C. They will use the fast Hains Point course, site of numerous masters championships; Chuck Des Jardins will direct on May 29th. May 30th the Cotton Row in Huntsville, Alabama under the able direction of Ron Morris will have one or more formidable masters fields in the country.

To complete the preliminary series, we are seeking a race with the following characteristics (preferably):

— longer than 10K, but a certified standard distance.
— not too close to the GP Final in Southern California (or to other regions).

— in June or July.
— 700-1500 runners overall, not necessarily all masters, or even sub-masters.
— friendly to masters (prize structure emphasis, etc.).

We are also seeking a site for the Grand Prix final with the following characteristics:

— in Southern California (or to other regions).
— not too close to the GP Final in Southern California (or to other regions).
— in June or July.
— 700-1500 runners overall, not necessarily all masters, or even sub-masters.
— friendly to masters (prize structure emphasis, etc.).

Indoor

March 20 Eastern Regional T&F Championships, West Point, NY. Gloria Fine, 77 Prospect Place, Brooklyn, NY 11217.

Indoor

March 26-27 National TAC T&F Championships, Lehigh University, Bethlehem, PA. Bert Lancaster, (609) 347-5800/347-5400.

Outdoor

April 9-10 Florida Masters Championships, Clearwater, FL. Dick Lacey, 1207 S. Duncan Ave., Clearwater, FL 33756. (813) 447-7161.
The National Running Data Center is an independent, non-profit organization devoted to the collection, analysis, publication and dissemination of long-distance running information. The NRDC processes all applications for US road records. Records approved by the NRDC are then submitted to the RRCA and TAC for official recognition. The NRDC is supported by donations from individuals, clubs, race organizers, companies and the national governing bodies.

“Certified Road Running Courses” will contain all courses on the active list as of 1 January 1983. Our past practice of listing all courses, whether active or not has led to some confusion. Inactive or decertified courses will not be listed. Price $2.95 postpaid. Available by 15 Feb. 1983.

HILL WINS ORANGE BOWL

(Continued from page 1)

In the women’s masters competition, Alicia Kelly, 40, finished 1-2, winning the 10K in 40:57 and placing a close second in the marathon to Laura Tingle, 46, 3:19:32 to 3:18:55.

Over 2200 over-age-40 runners participated in the twin events: 1750 (1415 men and 335 women) finishing the 10K; and 495 (454 men and 41 women) completing the marathon.

STEWART

(Continued from page 1)

115 miles per week, working out mostly with the University of Michigan people.

Stewart says he feels Mike Manley is the No. 1 masters runner in the country right now. “I hope to run against him in the Gasparilla 15K in Florida,” Stewart said. “It should be interesting.”

WINZENRIED

(Continued from page 1)

Hinkes became a triple winner in 50-54 and set a pole vault mark of 10-2.

and set a pole vault mark of 10-2.

Just two women’s records were set, by Valerie McAuliffe and Annette Murray.

“Running Records by Age” will add 50 km and 100 km track marks. The road lists have been extensively revised. We note some 514 listings for 1982 in just the road section to date. Price $4.95 postpaid. Available by 15 Mar. 1983.

“US Distance Rankings” will be published in two volumes. “In-Depth Masters Road Rankings” will be incorporated into Vol. II (ages 35 and older). Vol I will contain the open and junior lists. Each volume will list the races included and the all-time lists. By grouping lists in this manner, runners interested only in masters’ lists need only purchase Vol II (cost $9.95) compared to last year’s two volumes (cost $12.90). Prices $6.95 for Vol. I and $9.95 for Vol. II. Available by 15 May 1983 from P.O. Box 42888, Tucson, AZ 85733.

Lake Erie Meet Rings In New Year

(Continued from page 1)

200 spectators.

Team trophies were handily carried off by Over the Hill Track Club as it took first in the Men’s 30-39, 40-49, and 50-59 divisions as well as the Masters Women division. Second-place trophies went to the Ann Arbor Track Club in the Men’s 30-39; to the Philadelphia Masters for both the Men’s 40-49 and 50-59 divisions; and Ann Arbor took second place in the Masters Women division.

Two world records were set in the sprint medley relay, an 880-220-440 run. The men’s team from Over the Hill — Jack Siringer, Herman Mitork, Everett Hosaek, and Byron Fike — posted a 6:41.40, and Over the Hill’s 30-39 Women’s team — Rosie Ogletree, Darla Cotten, Essie Kea, and Layne Nichols — ran 6:07.66.

Former Olympian Bernice Holland had a record-setting day. Her shot put of 29’ 2!4” is a new America Age 55-59 Record. Her high jump performance of 5’8” is also a 55-59 mark.

Cosby, who was still recovering from a groin injury, had to scratch his running events but gamely competed in the high jump anyway, taking first in his age group at 4’6”, just barely missing 5’. “It came here for the fun of it and I’m enjoying it,” Cosby said.

“This is one of the few indoor meets that has a master’s schedule, and I still like to jump.”

Over the Hill held its Championships at the newly built indoor facility at Maple Heights High School with its elevated, third-story 213-yard track.

Masters competition is flourishing in Cleveland, and Over the Hill Track Club looks forward to competing with NN M readers later in the year, especially at the Cleveland Classic, June 18th, where some 1,200-1,500 athletes are expected.

Consistent road racer Darryl Beardall, 46, captures age 45-49 division title in PA/TAC 10-mile championship January 9 in Stockton, Calif. with a time of 53:46.

Photo by Gene Cohn
WEIGHT AGE RECORDS
PENTATHLON
by PHIL PARTRIDGE

A few holdover Age Records moved up
by PHIL PARTRIDGE

Fifteen Weight Pentathlons were
held in the U.S. and Canada during
1982. Florida had the most: five.
Ohio added two new ones, New York
one, still no action in Texas or vicinity.

Four different sets of implement
weight standards were used in various
meets in the U.S. and Canada. Eleven
meets used Age Factor Scoring, others
leaning. Nobody claims it is perfect.

But it is the only existing scoring by
Age Factors. Pentathlon results is on file.
Anyone wanting a print send self-addressed
envelope and 25c per sheet desired to
P.H. Partridge, 337 SW 14th Ave.,
Delray Beach, Florida 33444.

A few holdover Age Records moved up
a little where lighter than 16 lb. hammers
were thrown because of consensus
revision of hammer formulas effective

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added two new ones, New York one.
There were reports of one in Israel, no
results received. Hawaii is planning
one, still no action in Texas or vicinity.

A complete set (almost) of Weight
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Just a short hop from the World Veteran's Games at San Juan, P.R.
5 year age groups; 6 throws per event; Standard WAVA implements

1982 Weight Pentathlon Age Records

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5 year age groups; 6 throws per event; Standard WAVA implements

A classy trophy to all who complete the 5 events. Entry Fee: $10.00

LATE FLASH
Bill Stewart, 40, of Ann Arbor, Michigan, smashed the U.S. masters
15-kilometer record of 47:18 — held by New Jersey's Herb Lorenz since April
4, 1981 — by over a minute with a time
of 45:56 in the Gasparilla Classic
February 5 in Tampa, Florida.
NATIONAL

- The winner of this month's TAC National Men's Masters Marathon Championship in Seattle will receive 2 round trip tickets to London. Runner-up gets a free trip to San Francisco. The open men's and women's winners will each win $5000 and a trip to Stockholm.

- At the TAC Convention in December, Atlantic was sanctioned to host the "National TAC Masters T&F Club Championships." It will be a trial to see if the idea should be incorporated into the TAC National T&F Championships in the future. "Club competitions can add another level of excitement to our sport," says meet director Ken Kirk.

- National USA Masters Uniforms are now available. Photos and order form on page 20.

MIDWEST

- Jim Ewing ticked off a 32:50 to capture masters honors in the Charlotte Observer 10K January 1.

- Kwame Johnson, 39, of Atlanta, GA, won a 13:54.3 at the New York City 5K at Central Park.

SOUTHEAST

- Lew Faxon, 42, sped to a 31:54 10K in Hampton, VA, a week after running a 32:24 in the same locale.

- John Hensley, 40, won an 8:25.8 in a Florida 5K in January.

NEW ENGLAND

- Sam Ouellet, 78, who runs with a plastic hip joint, pumped out a 58:05 10K in Bangor, Maine, last Halloween; Sam, who has run 40 Boston Marathons, placed 972nd, 121 places behind his son, Aurell, 58.

- Jim Gray, 40, overcame a hilly 10K in Woonsocket, RI, to place 3rd overall in 32:33.

SOUTHWEST

- Brian Harris clipped to a 31:56 to win the MAG-49 division at the Sportsmen 10K in South Bend, followed by Ernie Billups in 32:41.

- Allan Smith, 60, of Oklahoma City, also broke the old 50-59 record with 3:04:55 at the WROC Marathon in Tulsa on December 11.

EAST

- Fritz Mueller, 46, was the 1st master in the Central Park, N.Y. 25K January 30 in 2:51:00. Anna Thornhill, 42, topped the 40+ women in 1:46:20.

- Russ Bassett, 42, rolled to a 1:11:47 at the NEAC T&F Championships January 23 at Boston U. Barbara Pike, first in 5:13:3 (a new meet record), was followed by teammates Susan Hunter (5:11:8), Carrie Paral (5:38:2) and Carolyn Cappetta (5:39:3). In the masters men's race, Kirk Randall clocked 4:29:7, followed by Joe Albofin (4:37:4) and George Conery (4:39.1).

Pioneers were 2nd with 97 points. Rudy Valentine blazed a 3:16 in the 55-59 330-yard dash. Sid Howard logged a mile 4:43.4 in 50-59 (1A). Glen Shaw won the 330 in 3:56 and 600 in 1:18.9 in 1A.

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(Continued from page 6)


• Bob Packard, 46, is back running competitively again. The Northern Arizona U. math prof suffered severe frostbite of the toes during a sudden snowstorm while hiking in the Grand Canyon over a year ago. He didn't lose any toes or need a skin graft. "My right big toe will never function normally and can do nothing I used to do," Packard said. "but, other than that, I seem to be in pretty good shape." He held the 45-49 10K mark of 4:07.9 until Ernie Bliups broke it last August with a 4:07.2. "I dream of running against that great runner," Packard said. "Maybe in Houston or Puerto Rico."

• John Weldy registered an age-48 record of 33:02 at the Fisia Bowl 10K December 31, and a 26:57.8K January 23 at Ahwatukee, Arizona. He and Packard will shoot for age marks in the Phoenix Continental Homes 10K March 5, a race which features Salazar, Decker, Tab, Rogers, Rose, Miyanoki and Hunt.

• Neat Chappell writes of the 1st Annual 8 Mile Beerathon held in Las Vegas, Oct. 24: "The race had 6 mandatory beer stops enroute where one had to guzzle 5 oz. per stop. The entry field was quite large by our standards with a lot of non-finishers."

• George Ker, American shot and discus holder and recently 60, is 100% recovered from arthroscopic knee surgery and is anxious to start attacking the 8 lb./4K shot and 1K disc records.

• Sal Vasquez, produced another quality race at the San Francisco Bridge-to-Bridge 8 Mile, logging a 40:26 to take 7th overall and the 1st Masters.

• Paul Spangler's 4:10:00 at the Clarksille, CA, 20M Run, broke the old age 80+ group mark of 4:18:00 set by Ivo Welz on the same course several years before.

• It was thought that Bob Johnson, a 62-year-old veteran of five Honolulu Marathons, had died running last year's race; however, Joe Henderson's explanation in RUNNING COMMENTARY indicates that Bob, also a triathlete, had only run the first 5 miles of the marathon, stopped for breakfast, and was stricken after running to the finish area.

• Mike Tymn, 45, author of NMN's Gun Lap (page 6), won the Hawaii Open State RRCA 20K Championship January 10 at 1:07:41. His time was slower than his winning 1:04:52 in 1981, but Hawaii had record cold that year (high 50's) and it was 10-15 degrees warmer this year. "And I'm a little older," Tymn said. The win kept Tymn's string going of having won at least one road race each year since 1973.

• Mike Manley, set another U.S. masters record, finishing 5 seconds behind winner Kevin Ryan with a 24:45 5-mile at Eugene, OR, on January 2.

• First master pace walker to finish the Annual Rose Bowl Ten Mile Walk was John Allen, 57, in a come-back 1:34:54. Annette Day, 36, was first female in 1:47:45. Olympian Dan O'Connor set a new American record of 1:11:48, January 23.

• Darrell Newman, 50, took top honors in the LEGENDS 50 Meter Dash at the SUNKIST INDOOR GAMES January 21 at the L.A. Sports Arena. Newman's swift 6.77 beat out Dean Smith's 6.82 for second, Mike Larabee, and Tony Castro also ran. "It was my first competitive race in 17 years," Newman said.

• Andre Tocco, 47, (3:31) and Christa Rompanen, 43, (3:45) were the first male and female masters in the Super Bowl Sunday 10K in Redondo Beach, Calif. January 30. Hal Winton, 51, (3:26) and Sister Madonna Buder, 52, (4:51) took 50+ honors.

• Marilyn Harbin set a new U.S. women's age 45-49 record of 5:28.9 in the mile run January 29 in Berkeley, breaking Dorothy Stock's mark by five seconds. Vicki Bigelow, 46, also broke the old mark in 5:30.9. Mike Holbrook took the men's masters mile in 4:42.6.

• Joan Reiss, 45, of Topanga, won the Clarksville, TN, indoor 10K in Redondo Beach, Calif. January 30. Hal Winton, 51, (3:26) and Sister Madonna Buder, 52, (4:51) took 50+ honors.

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• Larry Walker of Van Nuys had been a master just one month when he lowered Jack Botano's indoor One Mile Walk record by 58 seconds with a 6:22.3 at the L.A. Times Indoor Games, February 4 at the Forum. Vicki Jones, 37, of Topanga, was third in the Woman's Mile Walk in 7:35.1, and Jolene Steigerwalt, 39, of San Diego, placed fourth with 7:42.8, both establishing age records.

• Joan Reiss, 45, of Topanga, was third in the 8 Mile Beerathon held in Las Vegas, Oct. 24: "The race had 6 mandatory beer stops enroute where one had to guzzle 5 oz. per stop. The entry field was quite large by our standards with a lot of non-finishers."

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• Mike Tymn, 45, author of NMN's Gun Lap (page 6), won the Hawaii Open State RRCA 20K Championship January 10 at 1:07:41. His time was slower than his winning 1:04:52 in 1981, but Hawaii had record cold that year (high 50's) and it was 10-15 degrees warmer this year. "And I'm a little older," Tymn said. The win kept Tymn's string going of having won at least one road race each year since 1973.

• Mike Manley, set another U.S. masters record, finishing 5 seconds behind winner Kevin Ryan with a 24:45 5-mile at Eugene, OR, on January 2.

• First master pace walker to finish the Annual Rose Bowl Ten Mile Walk was John Allen, 57, in a come-back 1:34:54. Annette Day, 36, was first female in 1:47:45. Olympian Dan O'Connor set a new American record of 1:11:48, January 23.

• Darrell Newman, 50, took top honors in the LEGENDS 50 Meter Dash at the SUNKIST INDOOR GAMES January 21 at the L.A. Sports Arena. Newman's swift 6.77 beat out Dean Smith's 6.82 for second, Mike Larabee, and Tony Castro also ran. "It was my first competitive race in 17 years," Newman said.

• Andre Tocco, 47, (3:31) and Christa Rompanen, 43, (3:45) were the first male and female masters in the Super Bowl Sunday 10K in Redondo Beach, Calif. January 30. Hal Winton, 51, (3:26) and Sister Madonna Buder, 52, (4:51) took 50+ honors.

• Marilyn Harbin set a new U.S. women's age 45-49 record of 5:28.9 in the mile run January 29 in Berkeley, breaking Dorothy Stock's mark by five seconds. Vicki Bigelow, 46, also broke the old mark in 5:30.9. Mike Holbrook took the men's masters mile in 4:42.6.

• Joan Reiss, 45, of Topanga, won the Clarksville, TN, indoor 10K in Redondo Beach, Calif. January 30. Hal Winton, 51, (3:26) and Sister Madonna Buder, 52, (4:51) took 50+ honors.

• Larry Walker of Van Nuys had been a master just one month when he lowered Jack Botano's indoor One Mile Walk record by 58 seconds with a 6:22.3 at the L.A. Times Indoor Games, February 4 at the Forum. Vicki Jones, 37, of Topanga, was third in the Woman's Mile Walk in 7:35.1, and Jolene Steigerwalt, 39, of San Diego, placed fourth with 7:42.8, both establishing age records.

• Joan Reiss, 45, of Topanga, was third in the 8 Mile Beerathon held in Las Vegas, Oct. 24: "The race had 6 mandatory beer stops enroute where one had to guzzle 5 oz. per stop. The entry field was quite large by our standards with a lot of non-finishers."

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### Lake Erie Indoor Track & Field Championships - January 9, 1983

<table>
<thead>
<tr>
<th>Event</th>
<th>Men</th>
<th>Women</th>
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<tbody>
<tr>
<td><strong>1-Mile Run</strong></td>
<td>1. Bob Bloom - Cleveland West RC, 4:13:13</td>
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<tr>
<td>2-Mile Run</td>
<td>1. Bob Bloom - Cleveland West RC, 12:11:13</td>
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<table>
<thead>
<tr>
<th>Event</th>
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<tbody>
<tr>
<td><strong>High Jump</strong></td>
<td>1. Jack Cavicchi - Over the Hill TC, 4:9 1/2&quot;</td>
<td>1. LaMar Miller - Ann Arbor, 5.69</td>
</tr>
<tr>
<td>Shot Put</td>
<td>1. Dick Cavicchi - Over the Hill TC, 34' 3 1/2&quot;</td>
<td>1. Joan Gibson - Over the Hill TC, 4:9 1/2&quot;</td>
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<tr>
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<th>Women</th>
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<tbody>
<tr>
<td><strong>880 Dash</strong></td>
<td>1. Raney Noonan - Cleveland West RC, 6:18.8</td>
<td>1. Nancy Wietar - Clavallaad Heat RRC, 6:31.66</td>
</tr>
<tr>
<td><strong>220 Dash</strong></td>
<td>1. Rick Deers - NY Pioneers, 5.6</td>
<td>1. Dick Mann - Over the Hill TC, 39' 11 3/4&quot;</td>
</tr>
<tr>
<td><strong>440 Dash</strong></td>
<td>1. Jim Burnett - Philadelphia Mstrs, 6.98</td>
<td>1. Hal Robinson - Over the Hill TC, 5.86</td>
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**Weights & Measures**

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<tr>
<td><strong>Weight Throw - 35 lbs</strong></td>
<td>1. Walter Henderson - Kent State, 23.43</td>
<td>1. Almira Thomas - Cleveland West RC, 58.5</td>
</tr>
<tr>
<td>Shot Put</td>
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**High Jump**

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</tbody>
</table>

**Other Events**

- **30-Meter Sprint Medley Relay**
  - Men: 45 - 49
  - Women: 35 - 39
- **880 Dash**
  - Men: 45 - 49
  - Women: 35 - 39
- **2-Mile Run**
  - Men: 45 - 49
  - Women: 35 - 39
- **440 Dash**
  - Men: 45 - 49
  - Women: 35 - 39
- **Weight Throw - 35 lbs**
  - Men: 45 - 49
  - Women: 35 - 39

**Additional Events**

- **400 Dash**
  - Men: 45 - 49
  - Women: 35 - 39
- **220 Dash**
  - Men: 45 - 49
  - Women: 35 - 39
- **5000 Meters**
  - Men: 45 - 49
  - Women: 35 - 39

**Additional Notes**

- World Record
- World Record
## Shot Put

**Women: 65 - 69**

1. Beryl Siringer- Over the Hill TC, 10' 8"

**Men 30 - 39**

1. Over the Hill Track Club - 51 points

1. Over the Hill Track Club - 120 points

**Women: 50 - 59**

1. Grace Butter- Un., 1:16

**Men 40 - 49**

1. Grace Butter- Un., 2:19.52

**Women: 50 - 59**


**Women: 60 - 69**

1. Beryl Siringer- Over the Hill TC, 1:18.5

**45 Dash**

1. Grace Butter- Un., 1:18

**880 Dash**

2. Donna Radigan- Over the Hill TC, 17' 4 1/4'

**Shot Put**

**American Age-group Record**

**Single Age World Record**

**Women: 65 - 69**

**Shot Put**

1. Beryl Siringer- Over the Hill TC, 12' 7 3/4"

**Weight Throw - 25ft**

1. Beryl Siringer- Over the Hill TC, 10' 8"

**Team Scores**

**Men 30 - 39**

1. Over the Hill Track Club - 51 points

2. Am Arbor Track Club - 31 points

**Men 40 - 49**

1. Over the Hill Track Club - 41 points

2. Philadelphia Masters - 20 points

**Men 50 - 59**

1. Over the Hill Track Club - 116 points

2. Philadelphia Masters - 26 points

**Other Women**

1. Am Arbor Track Club - 12 points

2. Rebels Track Club - 16 points

**Masters Women**

1. Over the Hill Track Club - 110 points

2. Am Arbor Track Club - 15 points

---

### 7th ANNUAL WISCONSIN MASTERS INDOOR CHAMPIONSHIPS; UW MADISON JANUARY 8, 1983

#### Shot Put

**Women:**

- Satter, Marg: 7.9 yards

**Men:**

- Oelsen, Bill: 5.14 yards

---

### 300 SNAKE RIVER TAC INDOORS

**Pocatello, Idaho**

**January 27-28, 1983**

**300 Meters**

- Graham, M. Bob: 39.3 seconds

---

### National Masters News March 1983 page 27

**Track and Field:**

- Peters, Charles: 26.84 seconds

- Sumpter, Earl: 7.00.01 seconds

---

### Long Jump

**Men 30 - 39**

- Jackson, Clifton: 6.25 yards

- Simpson, Mike: 5.30 yards

- Wyant, Raymond: 4.89 yards

**Men 40 - 49**

- Harvey, Rex: 6.11 yards

- Thomas, Tom Jr.: 4.22 yards

- Grauer, Ron: 3.67 yards

- Haynie, Harry: 3.47 yards

- Shoemaker, Jim: 4.47 yards

**Men 50 - 59**

- Butler, Don: 5.46 yards

- Haynie, Harry: 4.22 yards

- Robinson, Don: 3.65 yards

- Warren, Bob: 5.26 yards

- Graham, Earl: 3.51 yards

- Brown, Frank: 3.94 yards

- Peters, James: 4.95 yards

- Butterworth, Bill: 3.36 yards

- Hay, Joe: 3.15 yards

- Thomas, Tom Sr.: 3.35 yards

- Satter, Marg: 4.37 yards

- Reiserer, Priscilla: 3.97 yards

---

### Shot Put

**Men 30 - 39**

- Oelsen, Bill: 5.14 yards

- Hoppe, Steve: 5.28 yards

- Rentz, Fred: 5.62 yards

**Men 40 - 49**

- Oelsen, Bill: 4.28 yards

- Spann, Steve: 4.00 yards

- Zars, Robert: 3.91 yards

**Men 50 - 59**

- Brown, J.C.: 5.00 yards

- Thomas, Tom Jr.: 4.77 yards

- Haynie, Harry: 4.22 yards

- Shoemaker, Jim: 4.47 yards

- Haynie, Harry: 4.22 yards

- Robinson, Don: 3.65 yards

- Warren, Bob: 5.26 yards

- Graham, Earl: 3.51 yards

- Brown, Frank: 3.94 yards

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- Satter, Marg: 4.37 yards

- Reiserer, Priscilla: 3.97 yards
### Results for Non-Metropolitan Masters

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<td>Jack Hagan</td>
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</table>

### Overall

1. Chris Thomas 36:40
2. Phil Hagan 35:19
3. Russ Schmitt 42:49
4. Joe Merritt 36:58
5. Sara Lane 36:28
6. Bill Campbell 42:16

---

### Long Distance Results

**Send your results to:** National Masters News, P.O. Box 2372, Van Nuys, CA 91404. Please include date and distance.

---

### ILLINOIS TRACK CLUB

**SALISBURY MARATHON**

**NTCC, ILLINOIS**

**Cuba, ILL.** 1982

**1st Men**

- Greg White 2:25:21
- Sue Page 2:29:07

**2nd Men**

- Larry Arvier 2:51:22
- John Arvier 2:51:22
- Mike Smith 2:51:22
- Mike Still 2:51:22
- Mike Smith 2:51:22

---

### NATIONAL MASTERS CHAMPIONSHIPS

**PRIZE MONEY**

**NOVEMBER 28, 1982**

First Place: $5000
Second Place: $3000
Third Place: $2000
Fourth Place: $1000
Fifth Place: $500

---

### TENNESSE VALLEY 5 8 10K

**SAN FRANCISCO, CALIFORNIA**

**FEBRUARY 21, 1983**

**1st Men**

- Phil Hagar 29:28
- Jack Cagot 29:28
- Bill Murphy 33:39
- Jack Cagot 29:28
- Bill Murphy 33:39
- Jack Cagot 29:28

---

### NATIONAL MASTERS NEWS March 1983 page 29
<table>
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<tr>
<th>PLACE</th>
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Back in 1948, Bert Nelson and his brother Cordner were frustrated by the lack of coverage of their favorite sport, track & field. Raised on backyard decathlon competitions and the thrilling exploits of Cunningham, Owens and Warmerdam briefly glimpsed in newspaper articles, the adult Nelson brothers began Track & Field News as a hobby in the back of a print shop in San Bruno, California.

Early on, the founders knew what they and other track fans liked: news, all they could find to report; statistics, to while away hours studying and compiling; and features, to get to know the people behind the numbers.

A generation later, these elements are still the mainstays of T&FN: all the news of the world's elite athletes, men and women, from the high school level to the Olympic Games; deep World and U.S. lists to put performances in perspective; and features, interviews and quotes from the athletes making the news.

In 1983, as in 1948, Track & Field News is the "Bible of the Sport"; and Bert and Cordner are still at the helm.

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